

SAR 3 Month Forward look

All Day walks are generally 10-12 miles, often further afield, occasionally extended to provide an additional challenge (where noted below)

Morning walks are generally 5-7 miles long often followed by an optional pub lunch

Short social walks are generally 3-4.5 miles long at an easy pace followed by an optional café or pub lunch

Quick 10K's are around 7 miles (10-12K) walks offering brisk exercise, finishing around noon

Evening walks are local walks of 4-5 miles

	Date	Day	Walk Type	Location
Jan	18	Sunday	All Day	St. Albans loop
	20	Tuesday	Morning walk	Chorleywood
	25	Sunday	Quick 10K	Heartwood
	27	Tuesday	Short Social	North Mimms/ Water End
Feb	01	Sunday	All Day	London Bridges
	18	Wednesday	Morning	TBA
	22	Sunday	Quick 10K	Wheathampstead / Harpenden
	24	Tuesday	Short Social	Roundbush
March	08	Sunday	All Day	Berkhampstead
	13-16		Away	South Downs
	17	Tuesday	AGM	Octagon Room at St.Peters Church.
	19	Thursday	Morning	Watford loop
	24	Tuesday	Short Social	Batford, Lea Valley, Mackeyre End
	29	Sunday	Quick 10k	Verulam/Chiswell Green